What's Happening At.....

S-CAP

A MONTHLY NEWSLETTER FROM THE SOUTHERN COLORADO AIDS PROJECT

MARCH HIGHLIGHTS:

Soul Food 2 Client Services 2
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SALES OF QUILT MERCHANDISE

In preparation for the Colorado Springs Quilt Display on May 16, 17, 18, the Quilt Committee is selling merchandise to sponsor the display. We receive 20% of the list price for merchandise sold PRIOR to May 16. At the office (514 S. Tejon) and by request, we will have available the following items. There are a great variety of tee-shirts at $15.00 each. They include: Mary Englebreit design, Quilt Sampler, Quilt Signature Square, Remember Their Names, 95 Logo and Battle Tee. In addition, we have a limited number of sweat shirts. Then there's the miscellany buttons, magnets, key chains, note cards, books, caps, tote bags and coffee mugs.

Drop by the Office and see our display. We will also be selling merchandise at board and quilt meetings on the evenings on the 2nd and 3rd Wednesday of the month. Checks are preferable for our records. If you have further questions, please call John Miller at 593-3108.

Volunteer participants for the display in May will be required to purchase a LOGO tee-shirt which includes the Colorado Springs name. These shirts will only be available from May 1st on.

HEAR YE, HEAR YE

The mom's group meets once a month on a Saturday at 10a.m. Call Rosemary Fall if you are interested at 597-9451. This is for mother's of a child living with AIDS or for mom's who have had a child die of AIDS. Please attend! It will be worth your time.

ATTENTION TO ALL INTERESTED VOLUNTEERS:

There is a new client services committee that will be meeting for the first time on Monday, March 18th at noon at S-CAP. Please come and help us examine, review and improve on client services. Dr. Chip Benight, PhD., will chair this committee.

LOOK

Aerobics starts Thursday, March 21st at 5:30 at S-CAP. Stephanie Hammar, a certified instructor, will be leading the class. Please come. If there are specific requests (step conditioning, or stretching) please ask Stephanie. This will be aerobics "your" way...for one hour.

REMINDER

The Holistic AIDS Conference is April 12-14,1996 at the Executive Tower Inn, Denver, Co. For brochure and more information, call 303-447-8777. This is the AIDS Medicine and Miracles 9th Annual Conference. Everyone should experience this at least once!

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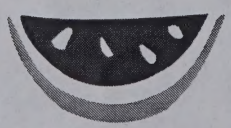
FOOD BANK

Due to an increase in client population, demands on the Food Bank have also gone up. Unfortunately, funding for the Food Bank program is likely to be less than last year. Consequently, some changes to the Food Bank program will be needed.

The Food Bank will be accessible only on each Tuesday of every month. This will allow for better control of inventory and hopefully result in less outages of essential items.

Within the next thirty days, new guidelines will be sent to those clients who regularly access the Food Bank. Despite the anticipated downsizing in funding, we hope the new changes will not inconvenience any of our clients, and we hope that the changes will help us to better serve the increasing client population. Thanks in advance for your help and understanding.



REMINDERS TO CLIENTS:

Reminder 1: Our funding may be changing on April1,1996; clients who regularly receive funding from S-CAP cannot assume that funding will be in place. Please check with your case manager.

Reminder 2: In order to better serve the clients, please call ahead to assure that your case manager will be available for you.

Reminder 3: There is a 48 hour processing time for all check requests.

Reminder 4: Remember the alternative therapies that are offered on Mondays: Full Body Massage, Cranial-Sacral Massage, Foot Reflexology,Hypnotherapy, and Accupuncture. Call the office, 578-9092 to schedule.

"SOUL FOOD"

The Soul Food Group meets the second and fourth Tuesdays at 5:30 - 7:00 p.m. at the Southern Colorado AIDS Project office located at 514 S. Tejon. The premise of this group is a small meal, a chance to socialize and a non-threatening environment in which to explore spirtiual issues, holistic medicines, and healing thereapies. "Soul Food" is a great forum to develope an emotional and spiritual awareness that can facilitate the healing process.

SOUL FOOD

Please bring a dish and join us for the following special programs:

March 12th: Dee Allen:
Topics: Reiki/Holistic Health/Hypnotherapy
Dee will also walk us through
Guided meditations.

March 26th: Blake Hickman:
Topics: Body Massage in Relation to the Total health picture. Foot Reflexology and Yogic Philosophy

April 9th: Abby Dring and Wendy Carter:
Topics: Acupuncture and Chiropractic
Cranial and Sacral Work

April 23rd: Dee Allen and Others:
Topics: Aromatherapy
Bach Flowers(Natural healing oils)
Herbalistic Approaches to Health Care

For more information, please contact Mark at S-CAP at 578-9092.

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HIV PATTERNS SHIFT, BUT DON'T LET UP

Since the HIV epidemic began in 1981, its effect on various demographic groups has shifted. More than 500,000 cases of AIDS have been reported in the U.S.. At least 300,000 people have died of HIV-related illnesses. The federal Centers for Disease Control and Prevention estimates that 650,000-900,000 Americans are HIV-positive.

Now, according to the CDC, HIV-related illness and death are having the greatest impact on young adults, particularly people of color. HIV-related illness is the leading cause of death for 25- to 44-year-olds. Estimates for young people of color, particularly African-American men, are extremely high, suggesting that the dramatic death rates in this group will continue.

The largest proportion of AIDS cases continues to be reported among men who have sex with men, but from the early years of the epidemic until today the proportion of newly reported AIDS cases in this group has decreased from 64 to 45 percent. During the same period, the proportion of newly reported AIDS cases increased from 17 to 27 percent among injecting drug users, from 3 to 10 percent among heterosexuals, and 8 to 18 percent among women. While the proportion of newly reported cases among white Americans has steadily decreased from 60 to 43 percent, rates have increased among African-Americans, from 25 to 38 percent.

The rate of illness and death attributable to HIV among gay and bisexual men- particularly older white men- has stabilized nationally and is declining in some areas. In New York, Los Angeles, and San Francisco, the rate of new AIDS diagnoses attributed to gay and bisexual sex decreased dramatically among white men, but increased among African-American and Hispanic men.

Available data suggest that at least 40,000 Americans are being infected with HIV each year. Because roughly the same number of people are dying each year from HIV-related illnesses, the number of people living with HIV has remained relatively stable since 1990. While the CDC findings indicate a marked decline in the rate of infection among white men who have accounted for 44 percent of all AIDS cases to date-infection rates have not decreased in any other demographic group.
David Hish from Positively Aware" Vol.7, No. 2

GETTING DRUGS

On February 15, 1996, the AASD program once again began dispensing drugs to qualified people with HIV in the state of Colorado. However, they are not offering all of the drugs that were previously available through the program. At present only four antiretrovirals (AZT, ddI, ddC and d4T) are available. Epivir (3TC) was not added at this time because, as a new drug, program administrators have no idea of what the usage would be and could not predict the cost of adding the drug.

Rough projections show that even with these new dollars the program will only be able to offer eight drugs, not the 14 originally on the formulary. The Consumer Advisory Committee of the AASD has slated the followilg drugs to be added, in this order, as money becomes available: acyclovir, clarithromycin (Biaxin). inhaled pentamidine (Nebupent), and rifabutin (Mycobutin). Once these drugs are available, additional drugs will be added as costs analysis show that the program can support them.

SERVICEMEN CARRY VIRULENT HIV

"Routine testing of American servicemen in a San Diego Naval Medical Center turned up startling results: five young men infected with strains of HIV not seen in the United States, but linked to the explosive heterosexual epidemic in Asia and Africa." (San Fran-

See **SERVICEMEN** *Pg. 5*

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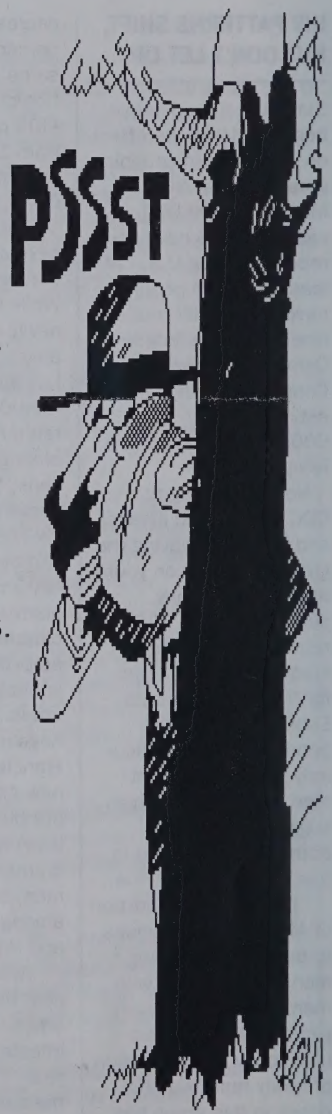
CALENDAR OF EVENTS



March

9 AIDS 101/ Volunteer Orientation, 9a.m.-Noon, C.S.
12 Soul Food/AlternatiVe Therapies 5:30 p.m., S-CAP
12 Education Committee Meeting, 5:30p.m.
13 Executive Committee, 6:00 p.m., S-CAP
13 Pueblo Advisory Committee, 11:30 - 1:00
18 Client Service Committee, Noon, S-CAP
19 Fundraising Committee, 5:30 p.m., S-CAP
19 Quilt Committee, 6:00 p.m., S-CAP
20 AIDS 101/ Volunteer Orientation, 6p.m.-9p.m., C.S.
20 Board of Directors, 6:00 p.m., S-CAP
21 Aerobic Class 5:30-6:30p.m.
26 Soul Food, Alternative Therapies 5:30 p.m., S-CAP
27 Black Tie Committee, 5:30 p.m., S-CAP
28 Aerobic Class 5:30-6:30p.m.
30 Speakers Bureau Training, 9a.m.-Noon

APRIL

9 Soul Food/Alternative Therapies 5:30 p.m., S-CAP
10 Executive Committee, 6:00 p.m., S-CAP
16 Quilt Committee, 6:00 p.m., S-CAP
17 Board of Directors, 6:00 p.m., S-CAP

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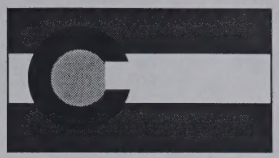

CALENDAR OF EVENTS

DOWN SOUTH

PUEBLO CALENDAR

March

2 AIDS 101 Workshop 9a.m.-Noon
2 Buddy Training 1p.m.-4p.m., S-CAP Office Room 4206
5 & 6 S-CAP/HIV Information Table at USC Health Fair, Occhiato Bldg. 10a.m.- 2p.m.
11-22 Shirley on Vacation- will return March 25.
12 Client Support Group 6p.m.
13 Medical Clinic 1p.m.-4p.m. Room 4206
13 Susan Janty RN
13 Pueblo Advisory Committee- Westwinds Nursing Home 11:30a.m.-1p.m.
20 Food Bank, 9:30a.m.-11:30a.m. and 1:30p.m.-4:30p.m., Room 4206
26 Client Support Group, 6p.m.
27 Medical Clinic, 1p.m.-4p.m., Susan Janty RN
28 Pot Luck, 11:30a.m.-1p.m., This month, Ham, Room 4206

Our friendly, faithful office assistant Kathy will be leaving us March 8th. We will all miss her. Our wish for her is happiness and success in her new job.

SERVICEMEN *From Pg. 3*

cisco Examiner, Sunday 21,1996- Lisa M. Krieger, Medical Writer.)

This headline dominated the front page of the Sunday newspaper. It reports new evidence that a "foreign" strain of HIV may be finding its way into the US. It is of particular concern to US public health experts because it may be more easily spread among the heterosexual community. They cite biological "evidence" that there is a difference between the AIDS epidemic in the industrial world, where it is primarily a disease among gay men, people of color, and IV drug users. In the non-industrial world, which includes parts of Asia and Africa, 15 to 20 million heterosexual men, women, and children are infected, with no leveling in sight. All of the servicemen mentioned above apparently acquired HIV from prostitutes in Thailand, Kenya and Uganda.
From "Resolute" March 1996

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We'll it's time to update the mailing list again. If you want to continue receiving this newsletter, fill out the form below and return it no later than April 1,1996 to the following address:

S-CAP Mailing List
P.O. Box 311
Colorado Springs, CO 80901

Attention: S-CAP Mailing List

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